

Support for LGBT called inadequate



Leah Keiser is the executive director of the UR Pride Centre on the University of Regina campus. Photo by Bryn Hadubiak

Bryn Hadubiak
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The federal and provincial governments need to address a lack of financial and educational support for treating depression and preventing suicide within the LGBT community, according to Leah Keiser, executive director of UR Pride at the University of Regina.

Some studies estimate 25 to 30 per cent of all completed suicides are attributed to homophobia, and recent research suggests as high as 50 per cent of transgendered people attempt suicide.

"Health providers don't always see it as a priority. It says something about our mental health system," said Keiser. "Most (LGBT people) going through depression are coming to terms with their sexual identity, and the consequences of coming out."

Those consequences can sometimes be alienation from friends, family and religious groups, said Mike White, a local psychologist. Bullying and violence, especially towards transgendered people, are not unheard of, he said.

White said people without access to these traditional sources of support can fall into serious depression, which in turn can lead to destructive habits such as substance abuse and suicide.

"When you have someone saying you're sick, evil or deviant instead of supporting, you can grow up believing you're a worthless human being. Your self-esteem is attacked from a very young age," said White.

White, like Keiser, said current public health services are inadequate, citing a lack of support for individual counseling.

"The health region strongly promotes group therapy, and there's a time and place for that, but it's not for everyone. Provincial and federal government support is completely inadequate. Sometimes resources are stretched thin, of course, but not everyone can afford to pay (for private counseling)," he said.

UR Pride offers a number of programs

and services, such as talks to classrooms, professional groups and employers, and a peer support program. The organization also advocates for supportive provincial legislation. While these programs help contribute to education about LGBT people, Keiser calls them a "band-aid solution."

"What we really want is to remove the stigmas queer youth face after coming out so such programs become unnecessary. There's still a social stigma and societal inequality: trans folks (for example) still

don't have legislation to protect them from discriminatory practices in the workplace, both nationwide and in-province," she said.

Keiser emphasizes the need for self-education. Although there is some misinformation among the public, there are many good programs and resources available, "Things are improving," she said.

White is hopeful that future studies will show a decrease in depression and

suicide rates among the LGBT community.

"Social stigma (towards LGBT people) is slowly going away. Parents aren't kicking their kids out as much, schools are coming out with safe zones, and some churches are accepting gays within their communities."

He said there is still much work to be done, however, on removing the stigma of mental health issues. White also advised those suffering from depression not to condemn themselves as being weak.

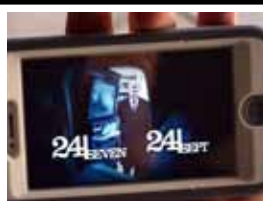
"We need to talk openly about mental health and depression – when someone seems depressed, call it what it is, say: 'You seem depressed.' The best way to remove the stigma is by talking about it: around the supper table, in classrooms and on coffee breaks. Those removed from social connections are at the biggest risk – if you are feeling depressed, call a friend."

"Depression is far more widespread and debilitating than people think. People (who are depressed) need to be kind and gentle to themselves: give themselves a bit of a break."



Health 9

One Regina resident is raising public awareness about living and working with mental health disorders.



Politics 3

Propaganda or news? The PM has a new, weekly YouTube series, effectively bypassing the media and obscuring public knowledge. A local columnist weighs in.



U of R 7

Haisum Khawaja is set to break down stereotypes during Islam Awareness Week, running from January 20-24. Khawaja is a co-coordinator of the yearly event.

Analysis: Harper-Israel love affair



Jim Farney, a political studies professor at the University of Regina says the Canadian government is unbalanced when it comes to international politics. Photo by Eman Bare

Eman Bare
@emanuellabare

Canada's newly appointed ambassador to Israel, Vivian Bercovici, is another bold step for the country's Conservative government. While Canada's unwavering support for Israel comes as no surprise, the question being raised is, what does this mean for peace talks?

The appointment came shortly before Prime Minister Stephen Harper's first visit to the Middle East, where he plans on meeting with both Palestinian and Israeli leaders.

Bercovici is a Toronto-based lawyer, as well as a columnist for the Toronto Star. She is also a strong supporter of the Israeli cause, and highly critical of the right to a Palestinian state. Although John Baird, Canada's foreign affairs minister, stated during a press conference that Bercovici would serve the country well in her new role, many are skeptical as to how critical she will be as the new ambassador.

"Hamas, the PA and just about every government in the Middle East make no secret of their ideological commitment to the total destruction of the state of Israel, which they regard as a blasphemous blight on the Arab and Muslim world," reads one column written by Bercovici.

Questions are being raised among Canadian political analysts and politicians alike as to how appropriate Bercovici is for the role. NDP foreign affairs critic Paul Dewar stated in an interview with the National Post that he questioned whether she was the best person for the role, considering the sensitivity of the issue.

Although appointing someone with a more diplomatic approach would have stirred much less controversy, political studies professor Jim Farney suggests that openly supporting Israel is in the best interest of the Conservative government.

"If you look at some swing ridings in

the GTA, the Jewish community represents a swing vote. This is a way for the Conservatives, who have traditionally not done well at all in that community, to signal that they care," he said.

But what does this mean for the many Jewish-Canadians who do not support Israel? Farney said they are not the Conservative governments' targets. "The Jewish people who do not support Israel are unlikely to ever support the Conservatives, and from an electoral perspective, who cares right?"

"Her background does not really coincide with working towards a peaceful resolution, especially since she is writing anti-Islamic rhetoric in the newspaper," said Debra Schubert, a Canadian of Jewish descent who is also an active member of Students Against Israeli Apartheid.

It is unknown whether Canada is interested in any sort of a peace plan between Palestine and Israel. When asked by journalists during a press conference where Canada stood in terms of illegal Israeli settlements in regions of Palestine, Baird

replied by stating that Canada would not condemn the process, and only support it.

These settlements caused the Palestinian Authority to walk away from the last peace talks. The Palestinian government and international law view these settlements as being illegal as well as destructive to the Palestinian state.

"Canadian foreign policies usually try to take a more balanced approach," said Farney. "We do not have the capacity to be Israel's biggest supporter in terms of funding, but we are certainly their strongest."

This past year, the European Union, Teachers Union of Ireland as well as the American Student Association all endorsed a boycott of Israel and its illegal settlements. Although the controversy surrounding Israel is growing rapidly in the international community, it seems evident that the Canadian government's support is only getting stronger.

As peace talks resume this January with the help of American Senator John Kerry, it is questionable how successful they will be, considering Israel's recent announcement of settlement expansion.

In a conflict where the main issue is land dispute, expanding illegal settlements does not make peace anymore likely. Canada appointing an ambassador that openly discredits the Palestinian government, Palestinians' right to land and writes columns endorsing one government will not help either. Canada needs to return to its former diplomatic self, and Harper needs to leave his love affair for Israel out of politics.

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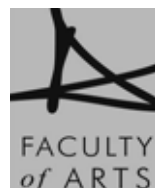
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Truck love raises climate concerns



The Queen City's roads are ruled by trucks. Photo by Ethan Stein

Ethan Stein
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Regina has trucking in its DNA. A 2012 report from Statistics Canada says trucks accounted for 76 per cent of new vehicles in Saskatchewan. Does the popularity of trucks in this province come at an environmental cost though?

Statistics Canada warns, "Transportation accounts for about one quarter (27 per cent) of Canada's total GHG emissions. Of that quarter, cars and light trucks account for nearly half, accounting for 12 per cent of Canada's total GHG emissions." Despite this, reducing truck use is more difficult than it sounds, according to truck owners and sellers.

Former truck owner Randy Radford said he bought a truck to haul items back and forth to his acreage.

"We can't count on delivery (outside the city)," he said.

Radford, an emergency room physi-

cian, also relied on his truck to get him through showy country roads when he was on call.

Chad Lingelbach's truck has been essential to his construction business for the past four years. Additionally, the truck provides substantial road safety. "Last weekend, I went to Saskatoon and hit a deer and had no problems!" he said.

Wheat County Automotive sales associate Aggrey Fynn notes an increase in the popularity of trucks which mirrors "a growing amount of construction jobs."

Although trucks are essential to the economy they carry a financial burden with their fuel economy, Radford and Lingelbach said. "You can literally see the fuel gauge going down. It cost about twice as much as a smaller car to drive," said Radford.

Furthermore, Radford also had difficulty trying to find spots large enough for his vehicle. Even the growth of the city proved problematic in finding space: "The

bigger the city got, the worse it got trying to find parking spots." Radford eventually got rid of his truck "a major reason being we moved back to the city."

Radford said Saskatchewan's prairie roots and emphasis on outdoor activities such as farming and snowmobiling have been instrumental in the creation of a "truck culture" wherein trucks are everywhere as a result. "It's a macho thing. It's a status symbol here, driving a truck is more of a status symbol than driving a Cadillac."

"Because I'm from a small town in a rural community the vast majority of (his friends) own a truck," added Lingelbach.

Fynn has also seen trucks take on an increased cultural role in the province: "You get a lot more farmers usually, but that's slowly decreasing and becoming fifty-fifty from in town and out of town," he said. The truck culture "has been here for a while but it's increased in the last two years" with "many people moving to

Saskatchewan and buying trucks," he said. Furthermore, Fynn has noticed a "loyalty" among truck owners: "You'll always have the people who are truck buyers."

With increasing pollution, Fynn has noticed a change in the ways consumers shop for vehicles: "People who want trucks still buy them despite that, but I've noticed that more with other vehicles they're asking about environmental purposes and stuff like that. But not much with trucks."

Although trucks produce air pollution they may not be the primary source of greenhouse gas emissions. In 2008 Saskatchewan had the highest per capita greenhouse gas emissions with electric power generation, transmission and distribution as the greatest source of greenhouse gas emissions, followed by oil and gas extraction. In comparison, the construction industry and its trucks produce few greenhouse gas emissions.

Harper begins web series

Tanner Aullie
@AnnerTaullie

What do cats, music videos and Stephen Harper have in common? They all can now be found on YouTube. On Jan. 9, Harper debuted a weekly web series called 24/7 which will recap the PM's activities throughout the week.

In the view of Murray Mandryk, political columnist for the Regina Leader-Post, having news from a public official bypass the 'media filter' runs the risk of the story becoming propaganda.

While some might see a YouTube channel as a step towards openness for the famously close-mouthed prime minister, Mandryk disagrees. "It's quite the opposite. They're basically only being open and transparent about what makes them look good. And that is propaganda... and propaganda always works," he said.

Mandryk said he understands all parties have a right to promote themselves



Stephen Harper is embracing YouTube, but is it to inform or influence? Photo by Tanner Aullie

and admits "in terms of other ways they spend our money I'd sooner see them do it through YouTube." But he warns viewers, "If this was your only source of information you'd lead a sad existence."

Reactions on Twitter were mixed and soon after the release of the first webisode, a satirical parody of it was released by Truth Mashup, a comedy channel on

YouTube.

With the election a little over a year away, a YouTube channel could be used to appeal to young voters, Mandryk said.

"It could be biased to make him look good but all parties do that," said Remi Mitchell, a high school student from Francis, Sask. "Hammering Harper for this is dumb, as any other political party that

thought up the idea would do the same thing, except that they wouldn't get hammered because they are not in power."

"Well it's not as exciting as Gossip Girl that's for sure," said Maria Boucher, a University of Regina student. Although she commends the channel for attempting to inform people "it would mainly focus on positive developments so I don't think it would necessarily be a truthful recap," she said.

This debut episode followed Harper to trade meetings in B.C., a photo op on the Tran Canada Trail and to a hockey game with his son. The episodes will be published on the Prime Minister's own official channel, pmocpm, which had 1,820 subscribers as of Jan. 22.

Harper's spokesperson Jason MacDonald told the Toronto Star the series will continue "as long as people find it interesting and useful." Although reactions to the first webisode may have been mixed, the video now has over 9,000 views and counting.

Newspaper industry struggling



The Goss printing press at the Leader-Post stands proud. It was originally installed in 1985. Photo by Evan Radford

Evan Radford
@EvanRadford

Long-time newspaper columnist Bruce Johnstone says the print news industry screwed up.

Data recently released by Statistics Canada reports Canadian newspaper publishers have seen revenue declines of \$1.5 million from 2010-12, with the largest declines reported in Western Canada and Ontario.

Two national media announced on Jan. 14 a combined total of 68 layoffs: 18 employees face impending layoffs at the Globe and Mail and at least 50 employees face layoffs at Postmedia Network Inc., a multi-newspaper chain that includes the National Post, the Ottawa Citizen and the Leader-Post, among others.

Johnstone, financial editor at the Regina Leader-Post, attributes some of the decline to a precarious shift to online news.

The seasoned veteran, who has been with the paper since 1977, sees the transition from print to online platforms as an opportunity for newspapers to adapt to these changes. He said print journalism has a unique ability to dig deeper into issues that matter to readers.

But, he said it was a mistake for newspapers to post content online for nothing, where readers didn't have to pay for it.

"All of us lemmingly jumped off the cliff at the same time and we all decided to get all our stuff online as quickly as we possibly could, without thinking about the consequences.

"I think an informed electorate is going to be better off if they get their information from more than just, say, the TV news, or even the stuff you get on the Internet."

Johnstone said it's up to newspapers to prove their worth and value in delivering content to readers; newspapers can do this by digging deeper into issues that matter to readers. This is the news John-

stone said readers should pay for. "It seems like at some point people have to pay something somehow for good stories," agreed Terry Morash, publisher of prairie dog magazine.

Morash has been with the independent, employee-owned, bi-weekly newspaper for 16 years. As publisher, he's responsible for overall business operations, sales forecasting and planning, advertising and distribution.

Morash said newspapers that don't offer specialized, in-depth reporting for specific audiences will suffer the most from the transition to online news.

According to Morash, this is particularly relevant to news outlets that set up online pay walls for their readers. He cited the Wall Street Journal as an outlet that does big business with people paying to subscribe to the website. "They offer very valuable information to people who have a vested interest in the markets. Their readers are willing to pay for it," he said.

Niche-based news and reporting is important, he said. "You have to be in touch with what the local market is looking for." He cautioned that for nationally-based papers "it's a little bit harder when you have to appeal to a wider national audience, when everything is going narrower."

At a decrease of 4.5 per cent, these declines are due largely to decreased advertising revenues, presenting an even greater problem than readers looking for free content. Revenues at Canada's daily papers took a hit of \$2.19 million, or 9.3 per cent over the two-year period.

Local media director Stephanie Ebel said a lot of her clients have moved from print advertising to online advertising, citing cheaper costs and wider audiences.

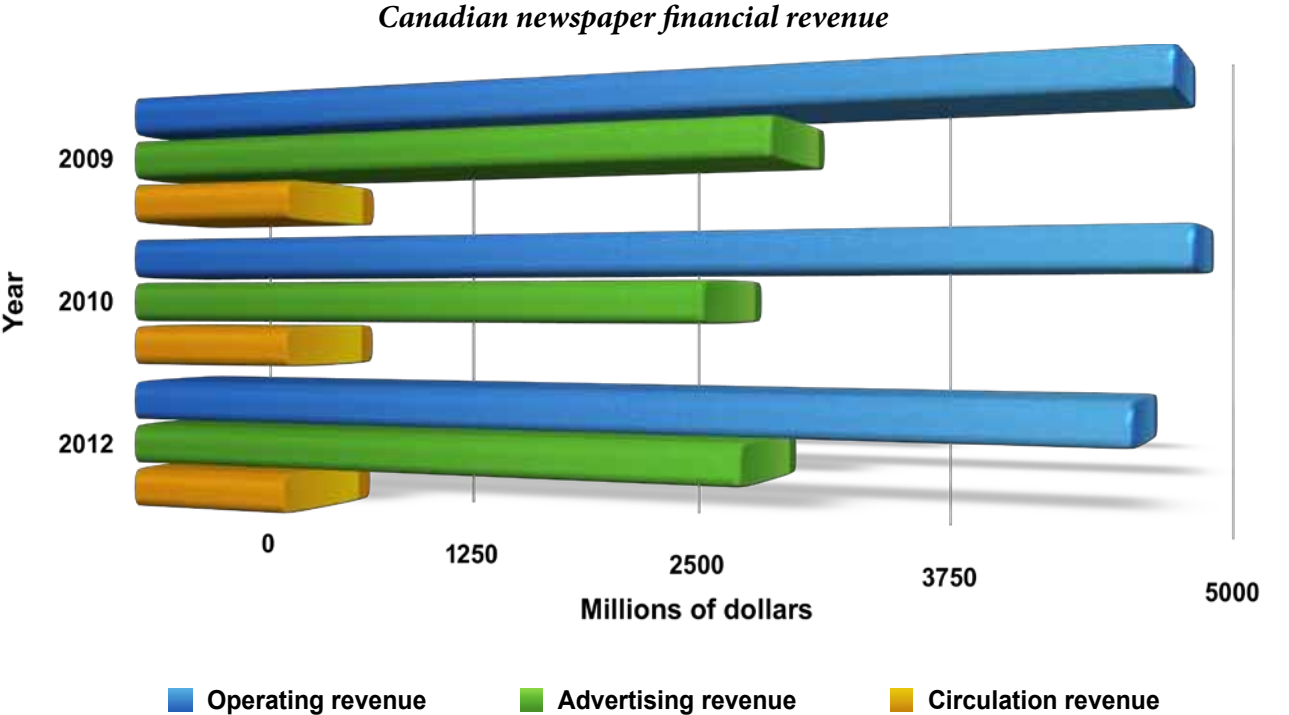
Ebel's company, Bravo Tango Advertising Firm Inc., has worked for such clients as the University of Regina, Tourism Regina, Harvard Western Insurance, and Italian Star Deli. As media director, Ebel does all of the media planning and buying

for the company's clients, arranging and purchasing advertising space on all platforms, print or otherwise.

"Media as a whole depends on what the client's budget is, and on what (he or she) is looking to accomplish. I've noticed a lot of media plans have moved away from print just because it's expensive. To get one ad, it's expensive in comparison to something online," said the advertising guru.

Ebel said online advertising offers increased capabilities for a client to target his or her specific market. Clients can target consumers based on geography and behaviour.

The importance of advertising is not lost on Morash either. "One hundred per cent of our revenue is generated by advertising, and now 99.9 per cent of it is local advertising that we generate and acquire ourselves," he said.



Crisis gone right

Robyn Tocker
@RobynTocker

There are chairs everywhere. Wine glasses clutter a table and there's a brown couch nestled in the corner of the rehearsal space with a throw blanket over the back. Red tape lines cut the large room into sections marked by signs on the white walls. A rack of clothes greet those late to rehearsal. This is where the performers of the Globe Theatre's play *Becky's New Car* run scenes, getting ready for the day when the play

will make its debut.

"A woman has had a mid-life crisis and through the choices presented to her she goes on an emotional journey," Neil Foster, playing Becky's co-worker Steve, explained. The play, written by Steven Dietz, offers a different perspective on the mid-life crisis, which people visually associate with men, not women. "Because it's a woman, the audience has a choice to be forgiving (to her) or not."

At one point in the play, Foster explains how Becky asks her son what he is

doing with his life and the son, played by Nathan Howe, turns the question back on her.

"It makes you think – have I helped anyone? Do I need a new house, car, life?" said Foster.

The co-worker Foster plays has a sad story, but he has a comical nature to him that, thankfully for Foster, isn't forced. The audience doesn't need to be spoon fed the funny bits in order to make them more believable, he said. Thanks to director Valerie Ann Pearson, Foster has the support he needs to make the co-worker as believable as possible.

Foster began his theatre journey over 30 years ago after being inspired by the high school play he participated in. He really doesn't understand how he got into the theatre group.

"I was nerdy and overweight. I sat at a table with four other outsiders...I got in and for the first time I felt like I belonged. I had a family." After taking workshops and earning a Bachelor of Fine Arts degree, the rest is history. "I found my tribe," he said.

One of the hardest parts for Foster in this production has been "trying to find where this guy lives...trying to be the character and not telling the audience what they should think about him."

Foster keeps coming back to Regina for

the Globe's plays despite living in Toronto. "The cast, crew, and staff are so accommodating. The audience is so sophisticated. They love their theatre," he said.

Becky's is not the first play to walk across the Globe's stage. The theatre company has been putting together productions since 1966 and Jonathan Hamelin, the publicist for the Globe, said live really is better.

"There are no cuts or second takes – everyone has to come together in the moment for every performance."

While putting on exceptional plays, the Globe Theatre also provides classes to those who are interested in learning the ways of theatre.

"Our outreach program brings theatre creation workshops to children who otherwise might have restricted access to professional arts programming and the long term benefits of creative drama education," said Hamelin.

Becky's is a hilarious, intense play, says Hamelin, one people will easily get caught up in. "It's controversial but you'll be laughing throughout the whole thing."

Tickets for Becky's New Car start as low as \$29. The production will run from Jan. 22 until Feb. 9 on the main stage.



The cast of *Becky's New Car* from left: Tony Munch (Joe), Neil Foster (Steve) and Nathan Howe (Chris) get down to business. Photo by Robyn Tocker

Invisible ink: Black light tattoos stir up questions about ingredients

Amanda Symynuk
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Black light tattoos are a new trend that has people wondering if the ingredients are safe. The trendy tattoo ink allows a person to get a tattoo but not show it off all the time. This ink has pigments which are only visible under UV/black lights.

"I have wondered what the point is. Who's going to see your black light/glow in the dark tattoo?" said Rebecca Ryan. She has been getting tattooed since 2003 and has never questioned her ink's ingredients.

Black light ink gives a glow in the dark effect under black lights. It is invisible under regular lighting, however, there are different pigments which are visible. Some tattoo artists question what is in it.

It's a permanent ink, but rumour has it that it fades over time. Tree Fenrick, a tattoo artist for 36 years, has used the black light ink. He said fading can happen with any tattoo. He explained that fading has many factors. Anything from the ink brand to skincare, even climate and the person's diet can cause a tattoo to fade, he said.

So, what makes black light ink glow?

"It's the mixture of ingredients," Fenrick said.

The one used at his studio, Inkognito, has an organic and alcohol base.

Consumers can do in depth research on anything they decide to use on their skin. Health Canada publishes the Hotlist, a list of ingredients banned for use in cosmetics sold to Canadians. You can find information on everything there from deodorant to hair dye.

The Saskatchewan Ministry of Health does not regulate the contents of tattoo inks, but focuses more on the cleanliness of piercing and tattoo businesses. The Ministry of Health is currently collaborating with the Regional Health Authority to make a Saskatchewan Personal Service Facility Best Management Practices (BMP).

In an email Tyler McMuchy, the media relations person for Government of Saskatchewan Ministry of Health, said "This document is intended to assist operators of personal service facilities in providing procedures in a manner that will prevent or minimize the risk of transmission of disease. In addition, the BMP will support the requirements when operating a person-

al service facility that are found in section 13 of The Health Hazard Regulations."

Only tattoo inks which are approved by Health Canada are recommended for use in Saskatchewan.

"If I don't know what's in my own (ink) I guess I can't really judge it," said

Ryan.

"Any tattoo, black light or not, research it," is Fenrick's advice to people who are considering a tattoo of any kind.



Tree Fenrick in his office holding the black light ink. Photo by Amanda Symynuk

Flu vaccine now by appointment

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There will be no long general line-ups for the flu vaccine this week but there will be a major influx of calls for appointments to Saskatchewan's health regions.

The death of seven people and infection of hundreds due to the H1N1 flu strain has greatly raised awareness. The province has made vaccines available by appointment for those in the priority group – children between six months and five years old, pregnant women, people on dialysis, cancer patients and transplant recipients.

Saskatchewan received an additional 9,000 injectable vaccine and 12,000 breathable nasal mist vaccines on Tuesday after the province depleted its supply on Sunday.

Some people think the government could have done more to warn people about the H1N1 strain before the vaccine became scarce but others think the public

should have taken more initiative to get the shots when they were available. University of Regina Aspen Medical clinic physician Dr. Sylvia Vantomme agrees that people should be more proactive when it comes to vaccination.

"If you get the flu your complication rate is much higher than if you get the flu shot", said Vantomme. Dr. Vantomme says people are panicking because H1N1 hits a different demographic. Most flu seasons were seeing older people dying and there is not much fuss about that. Now you're seeing younger people dying, it's just a different demographic that has been hit with H1N1 and now people are panicking because they realize, 'Gee that could be me.'

Regina schools and daycares are leaving it up to parents when it comes to getting the vaccine. Jessica Gibson will not be booking an appointment for her three-year-old daughter this year. Gibson, herself has gotten the shot in previous years and has still contracted the flu. "Anique being fairly

healthy and strong, I tend not to worry," she said.

She is not worried Anique will pick up the virus, since her daycare is very well cleaned and taken care of. "I think I would be more inclined to vaccinate her if she was under a year old", she said.

Penny Smoke, mother of three children, recognizes the seriousness of the outbreak but will not be calling for the vaccine either because her family has managed without it for years.

Vantomme says people often mistake the cold they get after a flu shot as H1N1 but it is just para-influenza. It takes two weeks for the vaccine to be active in your system.

At a press conference on Monday Jan. 13 Saskatchewan's deputy chief medical health officer Denise Werker said, "We're going to have to look very carefully at how we plan for next year's supply. It's amazing how short people's memories are in terms of whether they recall that they're going to

get the influenza (vaccine next year). They may say now that they're going to get it, but as I say, people's recall is very short. We will need to make some decisions and I can't pre-empt those discussions."

Werker will be talking to the public and media on Friday, January 17 about the appointment vaccinations and future vaccinations in Saskatchewan.



A vaccination needle. Photo by Tatenda Chikukwa

Saskatchewan scientists sent packing by government cuts



Research Services Librarian Robert Thomas stands on the third floor of the John Archer Library at the University of Regina on January 15, 2013. Photo by Brady Knight

Brady Knight
@BradyKnight1

Scientific research in Saskatchewan is taking a heavy hit.

The 2013 federal budget saw large cuts to scientific research, particularly at Environment Canada. Those cuts are now starting to impact facilities and employees across the country, including here in Saskatchewan.

Several scientists at the National Hydrology Research Institute in Saskatoon are taking early retirement because their positions were terminated, according to University of Regina biologist Britt Hall.

The institute's website says it carries out "field-based research investigations of cold climate processes, including the

investigation of water, energy, and carbon fluxes in the boreal forest and responses to climate variability and change."

"The federal government is targeting environmental science," said Hall. She points to the Prairie Shelterbelt Program at the Agroforestry Development Centre in Indian Head as yet another example. It provided tree and shrub seedlings for the creation of shelterbelts across the prairie provinces. The final seedlings were shipped out last spring, but Hall said the government has not saved any money yet.

"It's a long process to get rid of government employees," she said. For example, scientists working at the Experimental Lakes Area received were told of

cuts in May 2012. Yet Hall said they did not receive official notice that their jobs are being declared surplus until early last month. She said the government could still be paying these scientists for another full year.

"Despite the fact that they did this for 'cost cutting' reasons - (and) I don't believe that's the reason they did it - they're still paying for all those salaries, which is incredible."

"I think they did it because environmental science is an inconvenience for their resource extraction policies," Hall said. "It's impossible to prove of course, that's my opinion and it's speculative. But when you look at the nature of the cuts, and how they've been really so targeted towards environmental science programs, any other reason doesn't really fly."

However in a statement to CBC's the fifth estate, the minister of state for science and technology, Greg Rickford, said the government has made record investments in science.

"We are working to strengthen partnerships to get more ideas from the lab to the marketplace and increase our wealth of knowledge," he told the fifth estate. "Research is vibrant and flourishing right across the country."

There have also been sweeping changes at government libraries across the country. Last summer federal scientists using the department of fisheries and oceans library in Quebec came across hundreds of books and research materials waiting to be destroyed.

Robert Thomas, research services

librarian at the U of R, said while there is a need for government libraries to clean up deficiencies, they also need to ensure archival material is properly preserved.

"One of the issues, particularly with the department of fisheries and oceans is that there was not a proper disposal of those materials," he said, adding it is important libraries keep track of where the final copy of a particular paper or book exists, so that needed materials aren't thrown out.

Thomas said the government needs to find better ways of doing research and policy development in the future.

"It's very important to have that record maintained, especially since it comes out of government money, out of taxpayer money - that these things are not just thrown out without really having an understanding of what's going on."

In the end, Hall said the importance of scientific research cannot be overstated.

"All the products we use in our daily lives, all of these advances or enjoyments are based on a greater curiosity-based science," she said. "Right now our government is very interested in science that makes widgets - or a science that results in a product. What people don't realize is there is a huge amount of work and research that go into the development of these projects."

"When we cut the base, it's like our pyramid becomes more of a diamond, and it becomes unstable."

Breaking down stereotypes

Victoria Dinh

@vicdinh

Diversity is common around Regina, yet how much do we really know about the different cultures that surround us in our multicultural society? Walking down the halls of the university, there are a variety of faces that pass by. Among the chaos of students rushing from class to class, do you ever pause and think, "Is what I know of this person in front of me a fact or a stereotype?"

"(When) you see a girl in a hijab and a man wearing a kufi or having a long beard, we already have these misconceptions or these realizations that society has that the media portrays. We want to educate the people that this is not the case and give them the right portrayal," said Haisum Khawaja, coordinator of University of Regina's Islam Awareness Week (IAW).

In collaboration with the University of British Columbia, Simon Fraser University, the University of Alberta, and the University of Saskatchewan, the U of R's awareness week runs from Jan. 20 to 24. Each day will have a different theme and on the last, the topic of demolishing stereotypes will be accentuated.

Khawaja, an intern at the Pasqua hospital, was born in Pakistan, and made his move to Canada in 2002. Growing up as a Muslim man, he said he has witnessed stereotypes play out firsthand but believes that most of the negativity comes from the U.S.

"The American media has a lot of

impact on society. The TV that people watch is mostly entertainment and the news that they get are from the headlines, and that's not really the right picture," Khawaja said.

Saskatoon teacher, Faizah Jamil said after 9/11, people began to treat her differently.

"I remember when two older men saw my sister and I at Walmart and started asking me why I didn't wear the headscarf like (my sister) did. When I told them that it's something you do for God, not anybody else, and that I wasn't ready, they went off saying stuff like, 'Yeah it's better that you don't. It's a rag and you probably think so too.' I was offended and my sister was, too, but we laughed and just walked away," Jamil said.

Unlike Jamil, Zeinab Ramadan chooses to wear a hijab. Ramadan has helped coordinate Islam Awareness Week for the past two years. Born in Tripoli, Libya, she came to Canada in 1995 at the age of three. She grew up in Moose Jaw and remembers enduring a lot of negative comments when she started wearing a hijab in high school. She believes that the ignorance that she experienced in this small city was because people were not educated about her religion.

"They saw it was something restrictive whereas growing up I never viewed it that way. People have this conception that the family restricts you from doing things but I find that it was society that didn't understand and restricted me. I wanted to do many things but they saw (my hijab) as



Haisum Khawaja, one of the coordinators for Islam Awareness Week, sitting outside Tutoring Services. Photo by Victoria Dinh

something limiting me from my full potential."

Ramadan said one of the highlights of IAW will be the Hijab Challenge on Jan. 24, when people who don't usually sport a hijab will be challenged to don one and express their experiences afterwards.

"We've had 30-40 women come and try on the hijab and it's usually a very positive

experience. We get a lot of good feedback. Usually we set up scarves. They're all pre-washed, ironed, and folded. The challenge is that you can have the free scarf if you wear it," Ramadan said.

It's a chance to step into someone else's shoes and to break down stereotypes, and that's what Khawaja and Ramadan feel is important.



Zeinab Ramadan, one of the coordinators of University of Regina's Islam Awareness Week, smiles as she speaks about the Hijab Challenge. Photo by Victoria Dinh

Kammerer at the World Juniors

Colton Hordichuk
@ColtonHordichuk

For Regina Pats forward Maximilian Kammerer, a trip to Malmö, Sweden not only meant a chance to participate in the 2014 IIHF World Junior Championship, but also an opportunity to return home.

Kammerer, who's from Düsseldorf, Germany, received the invite to try out for his home country's junior team in early December. He left for Malmö on Dec. 12.

The German-born player practiced twice a day at the tryout camp before officially being named to the team just before Christmas. After making his country's squad, Kammerer said many of his teammates texted him to congratulate his accomplishment.

"I just said congrats. You're a good player, you deserve it, and all that hard work is paying off for you," fellow Pats teammate Austin Wagner said.

Kammerer already knew the majority of his German teammates. He said he played with several of them last year while representing Germany in the 2013 IIHF World U18 Championship.

Their first game of the tournament was against Canada. Kammerer cited the game as one of his favourites because Canada attracted a big crowd and media attention from TSN.

His most memorable contest, though, was against the Czech Republic on Dec. 30.

"We played against the Czechs and because (they) won against Canada, all the Canadian fans were for us. They supported us. It was great," Kammerer said with a smile.

Germany's only preliminary round win came that night, shutting out the Czechs, 3-0.

Overall, they went 3-0-0-4 and didn't qualify for the playoffs, but that didn't stop Kammerer from enjoying life off the ice. With Düsseldorf only eight hours away, he returned home to see his family for the first time since he joined the Pats at the beginning of the 2013 season.

Although Kammerer was at home for only one day, he was able to reconnect with his family, friends, and girlfriend while relaxing and eating.

His parents and sister made the trip to Malmö to watch Germany's preliminary games against the U.S., Canada, Slovakia, and the Czechs.

Pats head coach Malcolm Cameron also watched every preliminary game.

"He seemed to get more confidence and more opportunities as the tournament wore on. They had some injuries which gave him some additional ice time," Cameron said.

When the forward returned to Regina Jan. 7, Cameron was quick to congratulate him on his accomplishment.

"I just said, I hope you had a real good time and you should be real proud of yourself to represent your country in such a prestigious event."



Maximilian Kammerer sports his Team Germany 2014 IIHF World Junior Championship jacket at the Brandt Centre. Photo by Colton Hordichuk

The head coach said Kammerer's representation of his country in the tournament is both a great honour for him individually and for the Pats as well.

Looking back, playing in the World Juniors was a dream come true for Kammerer.

"It was a great experience," he said.

"It was unreal because I never thought I'd play this year in the World Juniors."

At 17 years old, Kammerer is still eligible to play in the tournament for another two years.

RINK RAT'S GUIDE TO GERMAN HOCKEY

ENGLISH:

Boards
Water Bottle
Goal
Assist

GERMAN:

Bretter
Wasserflasche
Ziel
Helfen

Regina residents question flu shots

Jeanelle Mandes
mandes2j@uregina.ca

It's the start of a new year and the flu season. According to the Government of Saskatchewan website, the H1N1 flu virus has taken seven lives in this province.

Some Regina residents question the decision of getting the H1N1 vaccination shot. Many people have their reasons why they decide not to receive it, while others feel it's important to protect yourself and others from getting sick.

First year university student Summer-Skye Carrier refuses to immunize herself and her two-and-a half year old son.

"I don't want my child to have it again. I took him when (the vaccination) first came out, but he got sick. I had to rush him to the hospital because he came down with a fever and the flu," said Carrier.

It is common for patients to have flu-like symptoms after receiving the vaccination shots but they last for only a short period of time, according to the Government of Saskatchewan website.

But that doesn't stop Brandi Windigo from getting her family immunized every year. She said the vaccination shots are important to ensure her and her family are safe.

"Both of my girls have asthma so it's worse for them when they get sick because it makes their breathing so much harder," said Windigo.

Health professionals strongly encourage people to get their flu shots early in the fall.

University of Regina medical director and family doctor Sylvia Van Tomme said it's important for everyone to get their families immunized not only to protect themselves, but also to protect other people.

"There's two issues with that,



Dr. Sylvia Van Tomme, a medical director and family doctor at the University of Regina. Photo by Tiffany Head

everyone wants the shot right now and it's the people in their own demographics that are dying. It's not hitting home quite as hard. In a lot of cases, people tell me they don't get sick so they don't need it," said Dr. Van Tomme.

In Regina, the vaccination shots are currently limited to children who are under the age of five and pregnant women, who are more prone to the H1N1 flu virus. Transplant, dialysis and cancer treatment patients will also be given priority.

Schiller not shy about schizophrenia



Shaun Schiller, diagnosed with schizophrenia, works hard in his office. Schiller is among the 10 to 30 per cent of people with a serious mental illness who are employed. Photo by Jeremy Simes

Jeremy Simes
@jeremysimes

Mental illness is one of the most widespread health issues in the country, affecting one-fifth of Canadians. But that hasn't stopped Shaun Schiller, data entry specialist at the Schizophrenia Society of Saskatchewan, from talking about it.

Schiller was diagnosed with schizophrenia in 1992, but first started to experience symptoms while working in Smithers, B.C.

Luckily, he said he had a strong family that welcomed him back to Regina. "I was in the hospital for a month," he said.

Schiller described past auditory hallucinations, which is the most common sensory hallucination. "I would hear things like, 'You're stupid, you're stupid, you're stupid' 24 hours a day. I couldn't sleep, which made it get worse," he said.

Delusions are also symptoms of schizophrenia. Schiller said he thought other people were "psychics." He said such feelings were a form of paranoia, which is among other delusions like grandiosity, being controlled by outside forces and reading the minds of others.

Despite Schiller's mental health challenges, the last 10 years of his life have been rewarding. He said he owes some of that to staying on his medication. "A lot of people get on meds and then feel good, but when they go off them they feel twice as bad," he said.

Schiller said the side-effects to his medication are primarily dry mouth, memory loss, and voice slurring. "I've learned to trust others," he laughed, referring to his memory loss. Currently there is no cure for mental illness, only treatment.

However, it isn't only the meds that have attributed to Schiller's success. He

said his workplace has given him much joy. "It's like family. I wanted to get back to the workforce. It keeps me busy."

Jenine LeCuyer, partnership program co-ordinator, said the Schizophrenia Society offers some counselling, gives people referrals and participates in advocacy. LeCuyer said the society is like a recovery movement that focuses on the quality of life.

"There is a lack of support and people don't know what's available. They can't access it and reach that level of independence," she said.

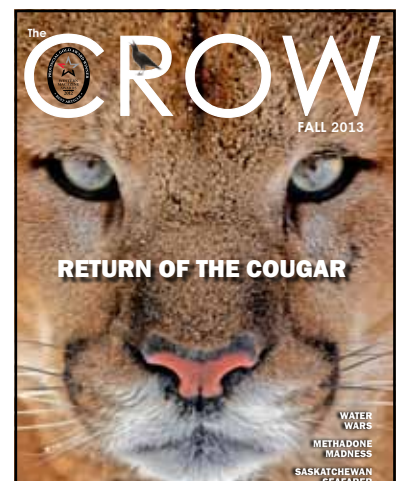
LeCuyer added the majority of people who come through the society's doors don't share the same success as Schiller. Seventy to 90 per cent of people with a serious mental illness are unemployed. "Sometimes, the only job they can handle is concentrating on not being sick," she said.

Not only do some with schizophrenia face sickness, but they also have to face a stigma of violence. Schiller said he has never been violent.

"The worst thing I've done is sit in the corner of the hospital room crying. It's not fun being called stupid," he said.

In fact, the Canadian Institute of Health Research reports that people with a mental illness are 2.5 times more likely to be victims of crime than the general population.

Statistics Canada's 2012 mental health report stated that over 350,000 people in the country have been diagnosed with schizophrenia. The illness has a worldwide prevalence rate of one per cent, which suggests 10,000 people have the illness in the province.



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Parenting: Nobody's Perfect

Adam Gamble
@GambleAdam

Six parents from Regina and surrounding area are increasing their knowledge.

On Monday, Jan. 13, they began participating in Nobody's Perfect Parenting, a program offered at the Aboriginal Family Service Centre.

Nobody's Perfect, which focuses on parenting children ages zero to five, is one of three parenting programs offered at the centre. Like all of the centre's programs, it is free.

As its name suggests, Nobody's Perfect is based on the idea that there is no flawless way of parenting, but many.

With this approach, the program welcomes its participants to share their experiences as parents. It also incorporates four books, which are used on different days of the program. They focus on the role of parents, behavior, body and the mind.

"I love this program because I learn something from the parents every time. And I believe in this program," said Karen Bird, who along with Ron Netmaker is co-facilitating Nobody's Perfect.

"We just build on what they already know . . . It's the best kept secret."

The program, which runs from 1 to 4 p.m. until Thursday, Jan. 16, provides transportation and day care at no cost. It

also maintains confidentiality.

"Nobody's Perfect can also be culturally relevant in that participants bring values with them. You know, loving children, paying attention to children and listening to children," said Bird.

Programs like this are a part of aboriginal peoples reclaiming their identity, according to Carrie Bourassa, associate professor of Indigenous health studies at the First Nations University of Canada.

"Parenting was disrupted through a variety of colonial forces: residential schools, adoption and foster placements. And it still is," explained Bourassa.

In fact, according to a 2011 Statistics Canada report, almost half of the 30,000

children under 14 in foster care in Canada were aboriginal.

"Having a supportive environment – where there's no shame and no blame and no guilt – to be able to go and find support in whatever way that might be offered is important," said Bourassa.

Bourassa, an aboriginal person and parent herself, had to reclaim her identity.

"You can be in an aboriginal home, but it doesn't mean that your traditions and identity were raised with you," said Bourassa. "I didn't have bad parents growing up. But, we all had to reclaim our identities. And that's a process," she said.

To reclaim her identity, Bourassa did not access programming. Rather, people

such as her grandfather assisted her through the process. Anishnaabe elder Betty McKenna, who adopted her, also helped her.

McKenna continues to influence Bourassa and her family's life today, she said.

"Unfortunately, not everybody can access, or has, mentors and individuals in an urban setting," said Bourassa. "We're seeing programs like Nobody's Perfect filling this gap."

"Our identities are central to us – whatever they might be. It is so important because your identity holds your values and your self-esteem."

Although the centre focuses on the healing of aboriginal families and children through empowering programs like Nobody's Perfect, all peoples can partake in them.

The program, which has existed for nearly 10 years, has a capacity of 12 participants. It is funded by the Saskatchewan Institute on Prevention of Handicaps.

"Nobody's Perfect is a great experience," one of its participants, who asked not to be named, said. "It's refreshing to hear everyone's experiences and to add my own."



Nobody's Perfect Parenting Co-facilitator Ron Netmaker, centre, prepares exercises for parents while they share their experiences. Photo by Adam Gamble

Helping Aboriginal women succeed

Tiffany Head
@HeadTiffany

Construction is usually reserved for men, but women are slowly moving into the non-traditional work. More Aboriginal women are looking to work in construction, whether it be welding, electric, carpentry, dry wall or roofing. According to Mark Gettle, project manager at Construction Careers:

"I think that women are really truly interested and know they've gone and done and had experience they come to us and they want to move forward," said Gettle.

The program is offered at SIIT Construction Careers Regina. SIIT started the Women in Trades program in 2004. It teaches women basic entry level work in construction. The focus of the program is hands on training and learning about the tools and safety in the workplace.

Vanessa Dustyhorn recently finished the program and is now working with Silver Sage Housing Corporation doing renovations.

"It's easy work, I like doing work with my hands. I do recommend it to a lot of women out there," she said.

The program is 12 weeks long depending on requirements of qualified students and the needs of work recruiters in construction. Students who enroll require at least a grade 12 degree or Adult



Mark Gettle, project manager at Construction Careers, sits in his office. Photo by Tiffany Head

12 to be accepted.

Women are encouraged to take more programs with other students and expand their trades' skills. There are many women that start out and want to be in the trades but so far only one out of five will stay

committed. "That does not mean enrollment decline," Gettle said. The programs see a steady rate of applicants interested.

There are many fields of construction work women can enter when they graduate. Although we may not see women

enrolling in droves, the options to learn are available.

Farm Progress under construction

Taryn Riemer
@riemer_42

The stadium has been the talk of the town for quite some time in Regina.

However, most people don't realize that where it is being built affects the annual Canada's Farm Progress Show held at Evraz Place.

Three buildings had to be torn down this past year to make way for the new stadium.

These buildings weren't used all the time but the show used the Saskatchewan Building as recently as last year.

Due to this construction that is going on east of the Brandt Centre, the show will be moved to the west side of the grounds for 2014.

The construction also affects 350,000 square feet of outdoor exhibits that need to be moved west.

Mike Muhr, a sales representative for Horst Welding, has been in the Saskatchewan Building for the past three years of the show and is disappointed that he has to change venues.

Muhr and numerous other exhibitors will be in the Canada Centre this year.

Although he is being guaranteed the same square footage in the newly renovated Canada Centre, he said people will have a harder time finding him.

"It's not going to be as good as the Sask.Building was. We were in a high traffic area, lots of traffic, very well exposed. Now



Crews remove debris from buildings that were torn down at Evraz Place to make room for the new football stadium in Regina.
Photo by Taryn Riemer

in the new location we're going to be kind of crammed over in the middle of nowhere I guess is what my fear is," said Muhr.

Show Manager Rob O'Connor sees the change in a different light.

"We'll have about 110 exhibitors inside (the Canada Centre). The west lot will also have a large number of large exhibitors outside so it'll give the show a different traffic flow and it'll freshen it up a little."

Although Muhr knew about the change in venues in the early months of 2013, he is still unsure how things are going to work in

the new location.

"It's not going to be as easily to move in and move out which is a big, big part its very time consuming. The Sask.Building was just a Cadillac. It was so nice. It was just a beautiful facility."

When the plans for the stadium were made, the Farm Progress planners didn't have a say in how the construction would affect their show, said O'Connor.

He is optimistic, though, that construction going on during the show won't impair the show itself.

Cindy Heibein, the exhibits coordinator, said that many hours went into figuring out where people would be moved this year.

Final adjustments are still being made but both O'Connor and Heibein have high hopes for the upcoming show.

As for Muhr, he is unsure whether the changes will be positive or negative for this year's show but he is sure it will be a good event just like every other year.

Canada's Farm Progress Show will run June 18 to 20 at Evraz Place in Regina.

Checking out the library budget

Samanda Brace
@BraceSamanda

It may not be much, but property taxes will be going up by an average of \$3.50 to support libraries. The Regina Public Library is preparing for the city's budget by proposing a mill rate increase of two per cent.

Although the proposal won't be passed until Feb. 24 along with the final decision of the budget, the Regina Public Library gave its presentation on Jan. 15. Darryl Lucke, Regina Public Library chair, said he felt it went well. "We have a lot of support on City Council. They support what we do for the citizens and are avid library supporters," said Lucke.

Mayor Michael Fougere said he believes two per cent is a reasonable request by the library board. "It's a status quo budget in many ways, to provide services, outreach to the community and branch renewal," he said.

Fougere said he attends the library, going three to four times a year. He's not the only one. According to Lucke, 75 per cent of households in Regina use the city's libraries adding up to over one million visitors each year.



A patron searches for a book at the Central Library located in downtown Regina.
Photo by Samanda Brace

The library plans on spending a total of \$19.2 million this year.

Some of the highlights from the budget include participating in the creation of the North Central Shared Facility. Along with Scott Collegiate and the Albert Scott Community Centre, the Albert branch will be rebuilt within one building. The library plans on spending \$2.5 million toward the project and another \$1.88 million will be paid over the following three years.

In addition, people may find the George Bothwell branch in a new location. The library located within the Southland mall will have its \$200,000 year lease reviewed.

The collections budget has remained flat for many years but may go up by 3.25 per cent. The Regina Public Library plans to add more books, CDs and DVDs. Libraries will also offer more digital content, including e-books, magazine subscriptions,

audiobooks and videos.

The budget also includes plans for more self-service machines in libraries across Regina. These machines are already incorporated into the Sherwood Village and George Bothwell branches. They help reduce lineups, strain on staff and allow for more privacy, according to Library board.

The Glen Elm branch is planning a redesign and adding a literacy cafe which will help individuals with language proficiency skills and those learning English as a second language.

The board is changing the way it is fundraising, too. There will be no lottery this year. Lucke said the lottery has been getting less popular. The board plans on hiring a development manager to develop a fundraising strategy.

The library board noted that they are in a transitional phase with the Central Library. It will be holding public consultations for how it should move forward with the design of the building.

Lucke said he hopes it will become "a piece that people see downtown and want to go to, that they are drawn to and also providing a great service for people."

Community group fights for school

Caitlin Brezinski
@CBjschool

The Regina Public School Board's annual meeting of electors on Jan. 28 will give the public an opportunity to participate in education planning by bringing up concerns and questions.

The Board of Education will present to the public a report on what it has done since last year in an open forum.

"The point of the annual meeting is to share information," said Terry Lazarou, supervisor of communications for Regina Public School Boards. Lazarou said that the public should be interested in attending the meeting because public education is important to the city.

"People pay taxes into their education system so they should have a say in how it is run and they should also have an understanding of what's going on. This is an opportunity for them to find out firsthand about the progress over a year," Lazarou said.

This meeting is going to be held at Regina Campus Public, so that people can see firsthand some of the new and innovative programs put in place.

Last year, the meeting was held at Arcola Community School. "The reason for that was to show off our new school," Lazarou said. "We're very proud of it."



Connaught School was built in 1912 and remains a landmark in the Cathedral community. Photo by Caitlin Brezinski

While Regina Public Schools infrastructure projects have seen the creation of new schools, a concern for many residents is the restoring of Connaught school, a building that has been around since 1912.

Rene Dumont, chair of the Save our Connaught Heritage Group, says that the

group got started because the community did not support the school board's decision to replace the building.

Support from the community to fix and keep the original building is growing since the board decided not to pursue heritage status. "Recently, a petition was

circulated in the neighbourhood to see how much support there was for the cause and we have 1,800 people that have signed," Dumont said.

According to the school board, it would be cheaper to replace Connaught but an engineer's report said no decision should be made until further testing is done. However, there has been no word on when any testing will occur.

Save Our Connaught has recruited specialists willing to do the tests for free. "We've offered to go in during the holidays when there won't be any students but they won't let us into the building and we can't figure out why," Dumont said.

Dumont said the group is frustrated that there is a lack of progress into the issue.

"I think that they have made a decision without having all the facts and I think that it would be difficult for them to go back on what they have said before, but you can always be hopeful," Dumont said.

Dumont and the Save our Connaught Heritage group is hopeful that discussion and progress will be made during the annual meeting.

"Connaught has been there 100 years and with a little bit of maintenance, it'll be there 100 more," Dumont said.

To the streets: flu shot or not?

"I think the evidence shows that it's the thing to do."



"When I was thinking about it, they were out of stock."



"I'm allergic. It's egg-based, so I can't have it."



"No I didn't because I got a pretty healthy immune system."

